



ready

for

SUCCESS

A PARENT'S GUIDE TO
PRESCHOOL READINESS



FREDERICKSBURG
CHRISTIAN SCHOOL

Educating Christian Leaders for Life



AN AWESOME

PRESCHOOL EXPERIENCE...

...will help your child lay the groundwork for all future learning. During these important years, students grow cognitively, emotionally, socially, and physically as they prepare for the opportunities and challenges of kindergarten.

It is an exciting season, but most parents feel a little concerned about starting at the right time, finding the right school, and ensuring their child is set up for success. That's why this guide was created — to help moms and dads foster readiness skills in their child and choose the best preschool program for their family.

IS MY CHILD READY FOR PRESCHOOL?

All children are unique and develop at their own pace. However, the following benchmarks are indicative of readiness for most preschool programs.

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Responsive, follows directions

Can your child follow simple, two-part directions? For example, "Please put your crayons in the box, then put the box on the kitchen counter." Or, "Please put your dirty clothes in the hamper, then pick out a bedtime story." This is a skill that children can practice at home to be ready for application in preschool.





Emotionally maturing

As children enter the preschool years, temper tantrums become less frequent and children are learning how to express their emotions in more socially acceptable ways. Is your child beginning to share and take turns? This indicates emotional maturity. Preschool provides plenty of opportunities to practice these critical life skills.

As your little one is able to do more independently, you will notice a growth in confidence. He or she may even begin to refuse your assistance! This is all a normal part of the transition to preschool.



Actively engaged

Between ages 2 and 3, children typically move from onlooker play (observing others playing but not playing with them), to parallel play (playing alongside peers without actually engaging with them), to engaged play (interacting with others). If your child possesses a growing interest in engaged play, he or she will thrive in a preschool classroom environment.



Developing social skills

Around age 3 or 4, young children are beginning to share toys and ideas. They are beginning to work together to create guidelines and assign roles for their play. As children play cooperatively with one another, they learn and practice essential social skills, such as cooperating, being flexible, taking turns, and solving problems.



Yeans to learn

If your child is interested in exploring his or her world through play, your child is ready to delve into play centers and activities that have been crafted by skilled teachers to promote growth and development.

When a child enjoys an activity, he or she begins to focus for longer amounts of time. Preschool environments should be filled with exciting and stimulating activities that foster growing attention spans and critical thinking skills.

LOVE
ECE





Fine motor skills

By age 3, most children can turn pages in a book, put on their shoes (without tying laces), build a block tower, and open and close lids that twist. In preschool, your child will continue to develop fine motor skills, which helps them write, draw, cut, and accomplish many other school-related tasks.



Open-minded and flexible

These may not be the first words that come to mind when you describe your 3-year-old; however, at this age young children are beginning to demonstrate more flexibility. While they voice their preferred activities, they are open to a wider range of tasks and experiences, seek out new challenges, and ask a multitude of questions.



Respectful of self and others

Does your child demonstrate care for others and their feelings? In preschool, respect looks like following instructions from teachers, responding to conflict in a healthy way (avoiding hitting or name-calling), and being kind to those who look different or have different ideas. Preschool students can be impulsive by nature, so instilling respect is an ongoing process.





Stamina to finish the day

Each child's stamina and experience prior to preschool is unique. Therefore, it is important to choose a schedule that your child can meet with success. Will this be your child's first time away from you? Would your child do best with a consistent schedule five days a week? You may want to look for a preschool with multiple schedule options.



Utilizes Gross Motor Skills

Is your child capable of performing more complex motor skills such as balancing on one foot, alternating feet on stairs, walking on tiptoes, pedaling a tricycle, or climbing age-appropriate playground equipment? These significant improvements in gross motor skills will help your child engage in the classroom, on the playground, and in physical education.



Confident

From entering a new social environment to problem-solving during interactive lessons, preschool requires self-esteem. You can build your child's confidence by giving him or her tasks to help around the house (followed by praise), focusing on strengths, and creating opportunities for participation in daily decision making.



Concentrates throughout short activities

Most 3-year-olds are capable of concentrating on a task for 8 or 9 minutes. The ability to focus is foundational for school success. Can your child remain engaged through distractions or interruptions? Does he or she work to complete tasks that present a moderate challenge? These skills will continue to grow and develop throughout the preschool years.



Early literacy

Does your child enjoy listening to you read books at home? He or she may be beginning to understand that the text of a book tells the reader what to say, or noticing print in everyday environments and pointing out familiar letters. These are the foundations for early literacy training in preschool, which include:

- Listening and responding to stories and poems
- Recognizing and naming many upper and lowercase letters of the alphabet
- Making letter-sound associations
- Writing letters with proper formations, creating class books, and identifying some words that rhyme or start with the same sound



Self-care and independence

Common self-care milestones for 3-year olds include established bladder and bowel control, dressing and undressing (with assistance for buttons and laces), feeding oneself with utensils, washing and drying hands, and walking up stairs. In preschool, they will need to carry out self-care independently but will be encouraged and supported along the way.



Speaks clearly enough to be understood by most adults

At age 3, there is much variance in speech and language skills; however, their comfort level and academic success in preschool is dependent on how well they can be understood by adults. Three-year-olds can typically use all vowels correctly, as well as several consonants.

FCS PRESCHOOL & KINDERGARTEN OPTIONS

Pre-K 3

- Age 3 by Sept. 30
- 2 days a week, Tues. & Thurs.
- 3 days a week, Mon., Wed. & Fri.
- 5 days a week

Pre-K 4

- Age 4 by Sept. 30
- 3 days a week, Mon., Wed. & Fri.
- 5 days a week

Kindergarten

- Age 5 by Sept. 30
- 5 days a week



Academic Day

8:20 a.m. – 12:30 p.m.



Extended Day Afternoon Care Available

12:30 p.m. – 3:00 p.m.



Before and After School Care Available

Beginning at 6:30 a.m.
and running through 6:00 p.m.

FCS PRESCHOOL DISTINCTIVES



CHRIST-CENTERED COMMUNITY

Christian values and behaviors are taught, modeled, and promoted throughout the Fredericksburg Christian School community. Children learn God's Word through daily Bible teaching and worship.



DEVELOPMENTALLY APPROPRIATE PROGRAM

Our approach is rooted in child development research. Teachers design challenging, achievable learning activities for each age and stage.



PLAY-CENTERED LEARNING

We recognize that children learn best through play. All lessons include an interactive or tactile component to foster cognitive growth.

PRESCHOOL WITH FAQs



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At what age can students enter preschool at Fredericksburg Christian School?

Children must be 3 years old by Sept. 30. We offer a variety of classes for children ages 3 to 5.

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How should a family go about choosing the best school for their child?

Families should start by choosing a school that has similar values that will align with what they are teaching at home. Ask how the school's culture is reflected in day-to-day teaching in the classroom and if the size and structure of the classroom allows teachers to get to know each child individually.



How can parents prepare their child to transition from home or a daycare setting to a more formal school setting?



How can parents pray for their child as they prepare for this big step?



What is the student—teacher ratio?

Begin talking about starting preschool two or three weeks before the first day of school. Be sure to make the talk feel casual.

A week before school starts, we hold an open house for all of our preschool students. Visit with your child and let your child play and get comfortable in the space. Before you leave, have your child use the school bathroom and play on the playground.

Providing a routine at home with structure and rules helps children transition to school. Establishing a morning and bedtime routine will provide your child with reassurance when the school year begins.

Parents should remember that separation anxiety is natural during the preschool years. There may be a few tears during the first few weeks of school. Stay positive and calm.

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- Pray for your child's salvation and spiritual growth. Pray that your child would possess a desire to know God and obey Him.
 - Pray for peace for your child (and yourself) as you prepare for this transition.
 - Pray for your child's future friends.
 - Pray that your child will grow in love, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control.
 - Pray for your child's teachers.
 - Pray for your child's continued physical, cognitive, social, and spiritual growth and development.

The ratio varies from 6:1 - 8:1 depending on the ages of the children. This ensures each child receives the benefits of individual attention and small group learning.



What are some special events for students and their families?



What types of learning activities are preschoolers engaged in at Fredericksburg Christian School?

Preschool classes have opportunities for special events throughout the year, including a Braehead Farm Field Trip, Thanksgiving Feast, Grandparents' & Special Friends' Day, Christmas Chapel, Family Picnic, and End of Year Chapel.

Preschoolers learn how to learn through play. Some of the typical activities in a preschool day include:

- Sensory play with a sand and water table
- Domestic play and dress up
- Telling stories through drawing and free writing
- Music, including singing and repeating rhymes
- Class storytime with simple comprehension questions
- Outdoor play to help build gross motor skills
- Exploring science through the natural world
- Calendars, games, and toys that teach math concepts



COME EXPERIENCE OUR PRESCHOOL



The best way to see what Fredericksburg Christian School offers preschool students is to come to one of our **open houses**.

To view the open house schedule and sign up for a date, see our **Schedule an Open House form**.

You may also call us at (540) 373-5355.

Private tours are available when school is not in session.



FREDERICKSBURG CHRISTIAN SCHOOL

Educating Christian Leaders for Life

..... CONTACT US TODAY

Lower School

2231 Jefferson Davis Highway
Fredericksburg, VA 22401

Our New School Campus will Open in 2020!

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Fredericksburg, VA 22408

Ph: 540-373-5355

Office Hours
8:00 AM – 4:00 PM

FredericksburgChristian.com